Cyberbullying Prevention

What is Cyberbullying?

Cyberbullying is the willful and repeated harm inflicted through electronic means. In short, it is abuse committed through Facebook, Twitter, email, chat rooms, or any other electronic means. Cyberbullying is done by posting text or pictures intended to hurt or embarrass another person.

How does Cyberbullying happen?

Being a victim of Cyberbullying has become a common and painful experience. Some youth who cyberbully:

- Pretend they are other people online to trick others;
- Spread lies and rumors about victims;
- Trick people into revealing personal information;
- Send or forward mean text messages; or
- Post pictures of victims without their consent.

How can it be prevented?

- Refuse to pass along cyberbullying messages.
- Tell friends to stop cyberbullying.
- Report cyberbullying to a trusted adult.
- Speak to other students, teachers, and administrators to develop rules against cyberbullying.
- Raise awareness in your community by holding an assembly or creating fliers.

Remember that the Internet is accessed by millions of people all over the world, not just your friends and family. While many Internet users are friendly, some may want to hurt you.

Below are some additional ways to stay cyber-safe:

- Never post or share your personal information online. This includes your full name, address, telephone number, school name, parents' names, credit card number, Social Security number, or your friends' personal information.
- Never share your Internet passwords with anyone, except your parents.
- Never meet anyone face-to-face whom you only know online.
- Talk to your parents about what you do online.

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